



Gluten Free Main Meals 6 Day Menu for 1

Day One

Thai Green Chicken Curry
Coconut & Lime Leaf Rice

Day Two

Spanish Bean Stew
Basmati Rice

Day Three

Roasted Vegetable & Chickpea Tagine
Basmati Rice

Day Four

Cottage Pie
Peas & Leeks

Day Five

Spiced Cauliflower & Aubergine Shakshuka
Basmati Rice

Day Six

Chicken Tikka Masala
Basmati Rice